

# October

2017

September						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

November						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	Beef Lentil Stew Wheat Crackers Fresh Fruit Almond or Cow Milk	Chicken Fried Rice Green Peas Fresh Fruit Almond or Cow Milk	BYOL	Lasagna Green Salad Fresh Fruit Almond or Cow Milk	Meatballs Mashed Potatoes Green Beans Fresh Fruit Almond or Cow Milk	
8	9	10	11	12	13	14
	Black Bean Burrito Baby Carrots Fresh Fruit Almond or Cow Milk	Chicken Cacciatore Green Salad Fresh Fruit Almond or Cow Milk	BYOL	Zapekanka w/ Strawberries Baby Carrots Almond or Cow Milk	Chili Con Carne Wheat Crackers Fresh Fruit Almond or Cow Milk	
15	16	17	18	19	20	21
	Cheddar Broccoli Quinoa Red Pepper Sticks Fresh Fruit Almond or Cow Milk	Pulled Pork Sandwich Cole Slaw Fresh Fruit Almond or Cow Milk	BYOL	Tuna Tarragon Raw Cauliflower Fresh Fruit Almond or Cow Milk	Baked Chicken Cheddar Broccoli Rice Fresh Fruit Almond or Cow Milk	
22	23	24	25	26	27	28
	Chicken Noodle Soup Wheat Crackers Fresh Fruit Almond or Cow Milk	Sun Butter Wrap Pretzels Cucumber Sticks Fresh Fruit Almond or Cow Milk	BYOL	Macaroni and Cheese Green Peas Fresh Fruit Almond or Cow Milk	Beef Barley Sliced beets Fresh Fruit Almond or Cow Milk	
29	30	31	1	2	3	4
	Chicken Makhani Steamed Broccoli Jasmine Rice Fresh Fruit Almond or Cow Milk	Pasta Primavera Cottage Cheese Fresh Fruit Almond or Cow Milk				

# Month

Year

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY